You Can Help Prevent the Flu and Its Complications

Good health habits to protect you and others from getting sick:

- **Frequent hand washing**

  Washing your hands often will help protect you from germs.

- **Alcohol-based hand rubs**

- **Avoid touching your eyes, nose, or mouth**

  Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Cover coughs and sneezes with tissue and discard**

  Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Discard the tissue.

- **Limit contact with infected people**

  Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.

- **Stay home when you are sick**

  If possible, stay home from work and school when you are sick. You will help prevent others from catching your illness.

- **Check with your physician about getting the pneumococcal vaccination. It protects you from many types of pneumonia, one of the most common and fatal complications of the flu, especially for older adults.**